DISSERTATION
ON THE
USE *and* ABUSE
OF
TOBACCO.

In Relation to

Smoaking, Chewing,
AND
Taking of SNUFF.

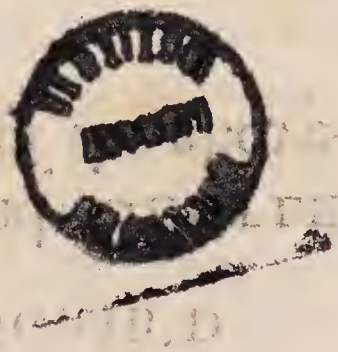
Humbly INSCRIB'D

To the LADIES and GENTLEMEN, who uſe it in any of the above-mention'd Ways.

——*Ineſt ſua gratia parvis.*

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THE PREFACE.

LADIES *and* GENTLEMEN,

THAT I may not appear altogether uncourtly in attacking your beloved and favourite Cuſtoms and Modes without ſome previous Excuſe, I believe it may be proper to offer here the ſeveral Reaſons that prevail'd with me to engage in the Writing the following Pages. In Conſideration the Subject, though common, and

in every one's Use, is entirely new, not being as yet treated on in this Manner, I did not doubt but that it might be a proper Amusement for the Publick, 'till some Entertainment of greater Consequence be propos'd. There is not any one Question oftner started in common Conversation than this, viz. *How far is the Use of Tobacco beneficial or hurtful? And yet no public Answer has been hitherto made to it: And is not this a sufficient Engagement to imploy the Pen, and exercise the Thoughts some few Hours, to give a Solution to such a common Query? The Method I have used in resolving this Question is, by considering the Nature and Principles of the Plant, its different Effects and Operations, the Nature and Use of the Humours it evacuates, and the Nature and Structure of the Organs it acts upon. From these different Observations propos'd, I shew in what particular Circumstances the Use of Tobacco may be allowed, and in what it is to be accounted prejudicial. In the Management of this I have been unavoidably oblig'd to make Use of some Terms that may appear too puzzling and hard to be understood by the Ladies; but since, for the most Part, their*

their Admirers are Gentlemen of polite Learning, they ſoon may obtain a Knowledge of their Purport, if they will be pleas'd to make Enquiries of them. And, by the by, this will be a favourable Opportunity to find out the Abilities of thoſe whom they favour with their Converſation: Unleſs they happen to prove too cunning, by getting their Explanation out of Quincy's Dictionary, *duly committed to their Memory; when, like Parrots (as it may be) they have not a Knowledge of any thing they read. The ingenious and induſtrious* Baglivi, *has given us ſuch a Collection of Obſervations upon the Uſe and Abuſe of* Spaniſh Flies, *in Bliſtering Plaiſters, which hath found a due Acceptance. In Imitation of him, I have undertaken to treat of Tobacco; however, without any Thought of receiving the like Applauſe, my chief Deſign being to amuſe my ſelf in a few leiſure Hours, with ſomething that was both innocent and advantageous. The Minds of Men are ſtill in Action, always upon the Purſuit of Advantage, and generally deſirous to communicate their Attainments to others: And this Inclination is either praiſe-worthy, or deſpiſable, according to the*

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different Intention and Aim of the Communicator. If they who have made any Advances in the Knowledge of Things, are ready to impart this only with a Design to repreſent themſelves ſuperiour to the reſt of Mankind, and gain Applauſe, 'tis but very juſt that they ſhould be diſappointed in their over-weening Expectations: But if it be with a View to contribute what lies in their Power, to render others either more wiſe, or better, without the Concurrence of the vain Conceit above-mention'd, their Attempts, though ſmall, ought not, in Reaſon, to paſs without their juſt Reward.

The particular Regard I have for the Health of all my Fellow-Subjects, was another conſiderable Inducement to this Performance. That this is impair'd to a very great Degree, by the Abuſe of Tobacco, will appear pretty plain, I believe, to any, who will give themſelves the Trouble to take a juſt Review of this Diſſertation. And that it may prove a means to prevent the like Diſadvantages in ſome, is my principal Intention; but to expect this in all, would be vain and inconſiderate. Reaſon-

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able Minds will readily receive Truth, when propos'd in a proper Light: But no such Expectations can be entertain'd, when we have to do with the major Part of Mankind, who are guided rather by their brutal Appetites, and depraved Customs, than the most substantial Reason that can be offer'd. I am not insensible, since Custom and Inclination are such powerful Motives for the Performance of any Action, That 'tis absolutely necessary, that he who engages against either the one or the other, shou'd be furnish'd with the most convincing Arguments to support his Attempts, if he entertains any, the least, Hopes of proving successful in his Enterprize. Those that I have chosen are principally drawn from Interest, which by all is accounted the neareſt and deareſt to every Person. Whether what I have now propos'd upon this Head can any way prevail against the common and immoderate Use of Snuff, Smoaking, or Chewing, and whether the Performance it self can lay any Claim to a Character, I must refer to the Judgment of the Publick. Authors of any Sort are unfit to determine in their own Case, being either too apt to pass a favourable Censure

upon

upon their own Productions, or too liable to condemn their own Essays. All I shall add is what I omitted in a proper Place, namely, That Hearnius *informs us, upon his own Experience, that a Syrup made of the Juice of Tobacco, has been effectual in recovering several Persons who were labouring under the Consumption: And that* Barbette *and* Deckers *have observed, twice or thrice, an Apoplectic Fit arising in Patients, while they were using Tobacco.*



A DISSERTATION ON THE USE *and* ABUSE OF *TOBACCO*, &c.

HAVING, for ſome Time paſt, made repeated Obſervations on the Uſe of Tobacco, and been ſeveral Times conſulted by Patients labouring under unhappy Circumſtances by the Abuſe of it; I believe it will be no very diſagreeable Entertainment to the Publick, in general, if I here propoſe the Conſideration of it. That this Performance may be of the more extenſive Uſe, I ſhall confine my ſelf ſo far, that nothing ſhall be advanc'd upon this Head, but what is ſupported by Reaſon, and Obſervations made on the Nature of the Plant, and on the different Methods of uſing it, both in Medicine and in common. It would be needleſs in this Place to propoſe a Deſcription of this Herb, it

being so generally known, and so frequently seen, growing in several Parts of this City. As to the Antiquity of its Use among us, 'tis manifest, that the Knowledge of it is but of a very short Date, being first brought over by Captain *Nicot*, and therefore, from him, 'tis call'd *Nicotiana*.

The Power, Efficacy, and Virtues of this Plant, depend upon a Salt, somewhat resembling *Sal Armoniac*, but abundantly more poignant, join'd with Sulphur; and, therefore, 'tis plain, That 'tis of a Corrosive and Narcotic Nature: For when by due Care 'tis chymically analys'd, we may extract from it a large Quantity of stinking Oyl, somewhat penetrating, and, as it were, burning; no small Quantity of sharp volatile Salt, and a considerable Quantity of urinous Spirits, and acid Phlegm. By means of these Principles, 'tis of an active, penetrating, cleansing, and anodyne Nature.

'Tis medicinally prescrib'd for internal and external Uses. Internally it has been ordered for Two different Purposes; namely, To raise a Vomiting, and cause Purgation. When 'tis prescrib'd as a Vomit, the best Method (if any can be good) is to infuse its Leaves for some Time in a Glass of Wine; and tho' this may be accounted the safest of the different Ways of Administration, yet 'tis not to be ventur'd upon, but with Persons of the most robust and strong Constitution, upon the Account of its rugged and dangerous Operation. Upon taking a Vomit of this Plant an unsufferable Heat and Pain is felt in the Stomach; the Head in a short Time begins to sympathize, becoming giddy and pained. The Vomiting is strong and violent, and threatens either universal Convulsions, or the sudden Destruction of the unhappy Patient. Some Instances of this have happen'd upon the Prescription of some ignorant

Quacks,

Quacks, who are far more deſerving of the publick Cogniſance, for their Villanies and Murders, than ſeveral who fall under the ſevereſt Puniſhment of the Law.

Upon the ſame Principles we find that Tobacco is cathartic, and often proves a ſtrong Purge, if adminiſter'd in a proper Doſe. But ſince there are ſafer and better Medicines in Abundance, it would be ridiculous in the higheſt manner, to fly to this for ſuch a Purpoſe. Inſtances of this, though in a ſmaller Degree, we may find from the common Experience of thoſe who ſmoke and chew it; who by ſwallowing a little of the Smoke, or of their Spittle, impregnated with its Juice, ſoon become laxative, and obtain Two or Three Stools. I have known it us'd, with very good Succeſs, by making a Decoction of it in Urine, for a Glyſter, in a violent Iliac Paſſion, vulgarly call'd the Twiſting of the Guts, when ſeveral other Things fail'd. The Method was this, After having, with much Difficulty, injected the Glyſter, and ſpread a Carpet upon the Ground, the Patient was conſtantly roll'd upon the Floor, for ſome conſiderable Time, 'till he felt a ſtrong Motion for Stool; at which Time there was a copious Diſcharge of hard Excrements and Wind, to the ſudden Relief of the tormented Patient, and Joy of his deſpairing Friends. This Herb is ſeldom or never us'd as an Alterative, being of too diſagreeable a Nature to allow of any ſuch Preſcription.

The external Uſe of Tobacco, for which alone it ſeems deſign'd by Nature, is various. Its Decoction and *Lixivium* are of great Uſe to kill Lice of all Sorts, to cure the Itch, Scab, Leproſy, Mange, Scald-head, and all other cutaneous Eruptions, if at the ſame Time proper internal Medicines be preſcrib'd and us'd. The Aſhes of this Plant are very uſeful to cleanſe and whiten foul

and black Teeth. Tobacco reduc'd to an impalpable Powder, and blown into the Eyes of Horſes, is of great Uſe to take off the Pearls by which their Sight is obſtructed. Becauſe of its powerful Efficacy in cleanſing, this Herb is uſed with Succeſs in foul and running Ulcers.

Tobacco is alſo often made Uſe of as a Diſcutient, and for this Purpoſe Gargles of it are preſcrib'd to diſcuſs Swellings in the Throat, and to contract the relax'd and ſwollen *Uvula*. The Country-People are well appriz'd of this Uſe of it, who commonly apply its Leaves moiſten'd in burnt Butter as a Cataplaſm to diſcuſs hard Tumors. Upon the ſame Account there is a Preſcription of an Oinment prepar'd from it, in the *London Diſpenſatory*, very much recommended by ſome for diſſolving ſcrophulous Tumors, cleanſing foul Ulcers, and conquering cutaneous Eruptions. *Salmon* is very ſerious and grave about this Matter, and gives it magnificent Praiſes both for external and internal Uſes : But the preſent Practitioners who are the only capable Judges of its Virtues, acknowledge no ſuch Uſes, and entirely neglect it in their Practice. However, 'tis conſtantly made in the Shops, and call'd for by the Vulgar.

By means of its ſharp Salts, and oily Particles, 'tis recommended as aſtringent, vulnerary, and balſamic. The former Principle contracting the Orifices of the Veſſels, and thereby preventing a further Effuſion, the latter proving as a Balſam to the affected Part. An Inſtance of its aſtringent Quality is as follows.

A young Gentleman of my Acquaintance one Day, after Stool, perceiving that there was ſome Effuſion of Blood, and not being appriz'd that it was a natural and beneficial Diſcharge of the Piles, thought it might be of ill Conſequence, and having often heard that Tobacco was of Uſe

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for the Healing of Wounds, did not doubt but that it might be of equal Service in that Case. Therefore, without any farther Examination of the Matter, he thrust a Piece of the Leaf up his Fundament, and let it continue there; after which he had no further Evacuation of the Hæmorrhoidal Flux. Within some short Time after, this Gentleman was seiz'd with a violent Pain, and a small Swelling in his Bowels, on the right Side of the Navel. The Tumor did not appear outwardly, but by Pressure was felt within. Upon Continuance of it the Parts adjacent seem'd to be affected with an Inflammation. A Fever, great Thirst, burning Heat in the Bowels, violent Pains in the Back, Stomach, and Head, Watchings and Costiveness arose. His Torture was so great, that he was continually oblig'd to sit double, with his Hands upon the Part affected, not being able either to stand or lie. Upon Application for Relief several Means were made Use of to carry off the Disorder, by striving to remove the Cause, to abate the Pain, and curb the Violence of the Fever, but to little or no Purpose: At last, finding that there was a Tendency to Suppuration, he was regulated accordingly, with the greatest Care. After some Time, one Morning, he felt the Abscess break, upon which he had a sudden and strong Motion to Stool, in which he evacuated a considerable Quantity of pure *Pus*. After this his Pain ceas'd, his Fever vanish'd, his Appetite, that before was entirely sunk, now return'd, and an Inclination to take his natural Rest began: After which, by the Use of a vulnerary Decoction, he was restor'd to his former Health. This History I have propos'd, with an Intent to shew how necessary the Discharge of the Hæmorrhoidal Blood is, for the Continuance of a sound and agreeable State of Health, and of

how

how dangerous Conſequence an undue Stoppage of it may be.

Tobacco, in a very conſiderable Meaſure, reſiſts Putrefaction, ſweetens the Breath, eaſes the moſt violent and tormenting Pain of the Teeth, dries up Catarrhs, expels Wearineſs, and preſerves the Teeth. I have ſeen ſeveral Inſtances wherein the Smoke, when ſwallowed, has proved effectual in ſubduing very uneaſy Pains of the Stomach; and when received by Way of Glyſter has cur'd the Cholick. The other Uſes for which this Plant is beneficial, ſhall be propoſed when I conſider it as 'tis us'd in common, to which I now proceed.

Tobacco is us'd in common Three different Ways, in order to evacuate, namely, by Smoaking, Chewing, and Snuff. The Two former are deſigned to promote Salivation, the laſt the Diſcharge of *Mucus* by the Noſe: Of which in their Order.

When Tobacco is firſt us'd, either by Smoaking or Chewing, the following Symptoms ariſe, namely, a burning Heat in the Mouth, Tongue, Jaws and Throat, a copious Diſcharge of thin, limpid Spittle; after this a great Thirſt ariſes, upon this a Heavineſs, great Pain and Giddineſs of the Head begin, the Eyes become dim and turgent, the Countenance fluſh'd and florid, the Tongue in a manner paralytic, the Stomach ſqueamiſh, and inclinable to vomit, after which a Vomiting ſometimes ſucceeds; the Pulſe beats high and quick, the Reſpiration is frequent, and ſomewhat difficult, the whole Body becomes feeble, and in ſome degree paralytic, after which a Drowſineſs and Inclination to Sleep ariſe.

From the Conſideration of the Principles which enter the Compoſition of this Weed, and the Influence it has upon the Animal Machine, it may

appear

appear pretty evident, That all these different Symptoms take their Rise from an Irritation impress'd on the solid Parts, and an inflammatory Disposition convey'd to the circulating Fluids. By the Pungency of its volatile and caustic Salts, the Glands and muscular Fibres of the Mouth are penetrated and compress'd, the Fluids are hereby rendred more thin, and more copiously discharged. By this Irritation the Fibres become more tense, and are inflam'd, and, consequently, a burning Heat, and Dryness of the Mouth succeeds. By means of the Membrane that covers the Inside of the Mouth, which is a Continuation of the internal Coat of the Stomach, the Irritation is communicated down to it, from whence arise the Squeamishness, Propensity to vomit, and Vomiting. The Inside of the Mouth being naturally lax, and the Pores patent, Part of the Salts pass through the Vessels, and intermix with the Blood, where, partly by breaking the Globules of the Blood, and so letting out their elastic Fluid, and partly by introducing a new and disorderly Motion, the Pulse is quickned; by consequence the Respiration must become more frequent and uneasy than usual; hence an universal Heat over the whole Body, but more particularly in the Head succeeds. The Blood being, by this means, impetuously forc'd up to the Head, the Membranes are compress'd by the dilated Vessels, from whence the Pain so much complain'd of takes it Rise. On the same Account the capillary Vessels of the whole Eye, particularly the Arteries of the *Retina*, suffer Obstructions, whence it is that the Eyes appear red and swell'd, with the Addition of Dimness of Sight, and the Appearance of Gnats, or Motes, floating before the Eyes. The Reason why Objects appear double, and seem to move before the Eyes is, because the *Retina* of the Eye,

either

either entire or in part, is ſhaken and mov'd by the continued and violent Motion of the Blood thro' the Arteries. From all theſe different Cauſes concurring together, the whole Face ſeems bloated, and Giddineſs and Drowſineſs are occaſion'd. In a Word, By the Obſtruction of the Nerves and Arteries, the *Æquilibrium* of the Muſcles being deſtroy'd, a Feebleneſs and paralytic Motions in the different Parts of the Body, muſt of conſequence enſue. When we conſider the amazing Circumſtances that appear in the Animal OEconomy, upon the Bite of a venomous Creature, or what is daily perceiv'd, after the Application of a bliſtering Plaiſter, it may be eaſily credited that theſe different Symptoms, juſt accounted for, take their Original from the forementiond Cauſes, effected by Smoaking and Chewing.

After a continued Uſe of this Herb for ſome Time, the greateſt Part of this Train of Symptoms now mentioned appear no more; the Heat, Thirſt, and Diſcharge of Spittle only remaining. If it be enquir'd, How it comes to paſs that the other Symptoms do not always ariſe upon the Uſe of it? It may be anſwered, That the ſolid Parts, by the conſtant Uſe of the ſame Thing, become every Day more and more tenſe, more contracted, and, as it were, callous; by which means, what before created ſuch Uneaſineſs, cannot now make the ſame Impreſſion, nor have the ſame Entrance, the Pores, by the conſtant Contraction of the Fibres, being almoſt clos'd, and, therefore, rendered uncapable to receive Particles of the ſame Diameter with what they admitted before; upon which Account it becomes the more ſupportable. Whereas other Bodies, conſiſting of Particles of different Bulk, Figure, and Motion, may occaſion, for ſome Time, an Uneaſineſs equal with that which was produc'd by the former.

mer. This may eaſily be confirm'd by ſeveral Inſtances of the like Nature. The Efficacy of Calomel, or any other of the common Cathartics, is well known; yet Experience informs us; That it will not have the ſame Influence on Bodies, which have been accuſtomed to this Preparation, wherefore in order to accompliſh our Deſign, we are oblig'd to vary the Preſcription. All are well appriz'd of the common Effects of Opium upon us, which by attenuating the Blood, raiſing a copious *Diaphoreſis*, and relaxing the too tenſe Fibres, procures a Releaſe from tormenting Pain, and raiſes a ſtrong Propenſity to Sleep. Yet with the *Turks*, and ſome others, who have been accuſtomed to this Medicine, the Influence of it is abundantly different. Even Poiſon it ſelf, when us'd at firſt in ſmall Quantities, and gradually encreas'd for ſome Time, becomes ſo familiar to the Body, that its common Operations are no Way prevalent againſt it. This may be confirm'd by the Caſe of *Mithridates*, who during his Enjoyment of the Crown, being apprehenſive that he might by Poiſon fall a Sacrifice to the Reſentment of ſome of his Subjects, ſo accuſtom'd himſelf to this fatal Kind of Drug, that when he was taken Priſoner by the *Romans*, and had an Intention to put a Period to his captive Life, by Poiſon, a very ſtrong Doſe prov'd ineffectual to accompliſh his Deſign.

The Intention of undergoing all this Fatigue and Uneaſineſs now mention'd, by the Smoaking and Chewing of Tobacco, is to promote Saliva-tion, or the Diſcharge of Spittle, to be an Aſſiſtant to a moiſt, cold, and phlegmatic Conſtitution. Now in Order to know how far the common Uſe of Tobacco thoſe Ways will contribute to the accompliſhing this End, it will be neceſſary to conſider the Nature and Uſe of the Spittle

in general, and whether the ſame End may not be better obtain'd by the Uſe of other means.

The *Saliva*, or Spittle, when carefully examin'd, is found to conſiſt of a conſiderable Quantity of a ſharp and pungent Salt, intimately mix'd with a fine aromatic Oyl, and a large Quantity of Phlegm. By Virtue of theſe Principles the *Saliva* is found to be of an abſterſive, ſaponaceous, penetrating, and active Nature. The Spittle that has been ſharpned by long faſting, conduces very much to the ſubduing and curing the Itch, and other cutaneous Eruptions; it clears and beautifies the Skin, gives a due Tenſion to the too lax Fibres; and it has been found, that a Clove of Garlic, impregnated with this Fluid, has cur'd the Bites of enrag'd Creatures, being immediately apply'd to the Wound. But the principal Uſe of this noble Humour, is to promote, facilitate, and haſten Digeſtion; which it performs by means of its active Salts, aromatic Oyl, and Phlegm. Theſe inſinuating themſelves into the Pores of the macerated Food, contribute very much to the Diſſolution and Digeſtion of it; and by its conſtant Flux into the Stomach, invigorates the Fibres of the muſcular Coat, by means of which the neceſſary Contraction of this Part is duly performed. The Glands that ſeparate this Juice are conſiderable in Number, ſeated in the Cavity of the Mouth, and in ſuch a manner, that when there is the greateſt Neceſſity of this Humour, then there is the moſt copious and eaſy Diſcharge, the Glands being continually compreſs'd by the Action of the Muſcles in chewing, and the principal ſalival Ducts opening on each Side of the Mouth, almoſt in a perpendicular Poſture.

From theſe Principles of the *Saliva*, and the Uſe of it, as alſo from the Mechaniſm obſerv'd in the Diſpoſition of the Glands, and ſalival

Ducts

Ducts that ſeparate this Fluid, it may reaſonably be deduc'd, that the Author of Nature did not deſign it for a uſeleſs Excrement, but for the great and beneficial Ends already propos'd, which may be further corroborated by the following Obſervations.

1. In Conſideration that all the Secretions which are uſeleſs, and no Way neceſſary for the Support of Nature, have their Emunctories, or Excretory Ducts, directed outwards, in order to be diſcharg'd from the Body, and are either conſtantly evacuated without our Perception, or depending partly on the Conſent of the Will, for their ready Diſcharge, are collected in proper Places, which being fill'd, create ſuch an Uneaſineſs that we are oblig'd to haſten their Evacuation: Whereas thoſe that are abſolutely neceſſary have their Excretory Ducts within the Body, and are either entirely beyond the Power of the Will, or at the Liberty of it, to be evacuated or not, as the particular Circumſtances of Nature ſhall require. Of this latter Sort is the *Saliva*.

2. The abſolute Neceſſity of this Fluid for the eaſier and better Performance of Digeſtion, may appear from this, *viz.* That when this is either vitiated or tainted, or when 'tis laviſhly evacuated, the Appetite fails, the Stomach is weakned, the Digeſtion is unduly, or not at all perform'd, Nouriſhment is with-held, and, at laſt, an Atrophy ariſes, which, if not ſpeedily prevented, hurries the Patient to another Life. Inſtances of this Kind are ſo common to be met with in every one's Knowledge, that it would be needleſs to mention any here.

From what has been propos'd concerning the Nature of the *Saliva*, and its Uſes, with the Mechaniſm obſerv'd in the Diſpoſition of the Glands, and their Excretory Ducts, I may venture to de-

duce the following Maxims; namely, 1. That the *Saliva* was not design'd by the Author of Nature as an Excrement. 2. That when 'tis not vitiated by some Taint, 'tis absolutely necessary for good Digestion. 3. That a lavish Effusion, or Waste of it, when not corrupted by pocky Ulcers, or some other Disorder, is prejudicial to the Animal OEconomy; and, consequently, That whatever tends to deprave or evacuate this noble Juice, in a healthful State, is so far destructive to human Nature, as it deprives it of means necessary for creating an Appetite, strengthning the Stomach, and for the Performance of Digestion; upon which the whole Animal Machine depends.

By this it may appear what my Sentiments are concerning the common Method of Smoaking and Chewing, which by discharging the *Saliva*, rob the Stomach of its best Assistance, pall the Appetite, spoil Digestion, and weaken the whole Body. I have already hinted that there may be some Circumstances in which a Discharge this Way may be useful; and these are, when the Spittle is tainted, when by long Fasting 'tis so copious, thin, and sharp, as to create an Uneasiness in the Stomach, and when a cold Rheum, or Catarrh, has fallen upon some Part about the Head. Any one may discern which of these three demands the Assistance of Smoaking or Chewing of Tobacco. I own it may also be of great Service to those Gentlemen, who wanting some Matter of Consequence to employ their Thoughts and Time, amuse themselves in a thoughtless Indolence over their Pipes; and to such as being desirous to swill large Quantities of Wine, think it proper to keep a dry and parched Throat. If any Gentleman pleads for the Use of a Pipe or two in a Day, as an Assistant to Study and Contemplation, I should be very averse from denying any of the

learned

learned such a Privilege in their Lucubrations.

That the common Method of Smoaking and Chewing is altogether prejudicial and destructive to such as are of a hot and dry Constitution, I am apt to believe, that every one will readily allow. The whole Difficulty therefore remains, as to those who are of a cold and moist Habit of Body; which I shall endeavour to solve in the following manner.

1. In Consideration that in Persons of such a Constitution, the Appetite is generally low, the Digestion weak, and Stomach lax; those Things that are capable to raise the first, and strengthen the other two, ought to be made Use of. Now since 'tis plain, from the Mechanism of the Glands, secreting the *Saliva*, and from the Principles which it contains, that it has a natural Tendency to effect these, therefore, in Persons of such a Constitution, the *Saliva* ought rather to be preserv'd, and the redundant Humours carry'd off some other Way.

2. In making all Evacuations this should be our constant Rule, *viz. To make such Discharges as by Quantity, Quality, and Place, may best answer the Intention proposed.* Now 'tis plain, that in regard of all those, the Evacuation of *Saliva*, made by Chewing or Smoaking, cannot be of equal Service with others.

1. As to Quantity; since by one purgative, diuretic, or diaphoretic Dose, a Quantity of Serum, or Humours, may be evacuated in one Day, equal, if not abundantly superior, to that which is evacuated by spitting, rais'd by Smoaking or Chewing, in a whole Week. As to the two former, wherein the Evacuation is made by Stool and Urine, I believe it will readily be allow'd: And as to the last, whereby the Humours are carried off thro' the Surface of the whole Body, I am inclinable

clinable to think that it will be ſoon granted, if it be conſidered that Perſpiration, rais'd by a diaphoretic Medicine, is abundantly more than triple the Quantity of that which is evacuated in common this Way : And that our daily inſenſible Tranſpiration is computed, by the great *Sanctorius*, to be ſuperior to all the other Evacuations joyn'd together. And by various Experiments of ſeveral others, 'tis found, even in theſe colder Climates, to be greater in Quantity than three fourths of the whole. I may alſo add, That ſince to quench the Thirſt that is occaſion'd by the Smoaking or Chewing this Herb, a conſiderable Quantity of Drink is conſtantly taken, the Evacuation being no Way anſwerable to the Liquors drunk, no Benefit can reaſonably be expected.

2. As to Quality ; no one, I may venture to affirm, after a due Conſideration of what has been ſaid, in relation to the Nature and Uſes of the *Saliva* in a healthful State, can think that an Evacuation of it can be as ſafe and proper, as by Urine, Stool, or Sweat ; ſince they are only Excrements, no Way neceſſary for the Support or Well-being of the Body ; whereas the *Saliva* is a Fluid abſolutely needful, for theſe Purpoſes now rehears'd.

3. As to Place : When we reflect, Firſt, That the Glands of the Mouth are not deſtin'd by Nature for an Emunctory, and that they never ought to be us'd as ſuch, but upon ſome very urgent Occaſions. Secondly, That by diſcharging often this Way, the Courſe of the Humours receives too great a Propenſity to thoſe Glands, for, *qua data porta ruunt*. And, Thirdly, That the greater Quantity of Humours there is ſecreted by theſe, there muſt certainly be the leſs diſcharg'd by the Kidneys, and Glands of the Skin, and Inteſtines ; which, by their Situation, Uſe, and Make, are more

more proper for the Purpoſe: If I be not very much miſtaken, all will freely agree with me, That a Diſcharge of Humours, by the Glands of the Mouth, as commonly made by Smoaking and Chewing, is not, and cannot be ſo ſafe, nor ſo beneficial, as Evacuations made through other Parts.

I am now to conſider the third and laſt Method of uſing Tobacco in common, and that is in Snuff. The Intention propoſed in this is, hereby to create Sneezing, and by this a Diſcharge of *Mucus* from the Noſe. And here it will be proper to conſider Sneezing, in general, and the particular Circumſtances in which it is prejudicial, and uſeful. How far the common Method of taking Snuff anſwers this Intention. And laſtly, The ill Conſequences of the Abuſe of it.

Sneezing is a ſtrong Convulſion, occaſion'd by an Irritation of the internal Membrane of the Noſe, communicated to the Membranes of the Brain, to the Stomach, and Diaphragm; by means of which there ariſes a violent Concuſſion over the whole Body. The Effects of this are, 1. A Concuſſion and Compreſſion of the Glands, about the Head and Noſe, by which is produc'd a Diſcharge of *Mucus*, and an Attenuation of it, when clammy and viſcous; the Pituitary Membrane, that covers the frontal, wedge-like, and zeugomatic Cavities, or Proceſſes, ſuffering a ſtrong Irritation. An Evacuation of Tears from the lachrymal Glands, and a Flux of thin, limpid Spittle, from the ſalival Glands of the Mouth. 2. A Courſe and Spring of the Animal Spirits, different from what they had before. 3. A Concuſſion and Compreſſion of the inferior Parts. Among the Antients, Sneezing was accounted an happy Omen, if it happen'd to any when beginning an Enterprize; and ſome had ſuch a particular

cular Reſpect for it, as to conſtitute it a Deity. In the Time of *Gregory* the Great, Sneezing happen'd to be an epidemical Diſeaſe, of which many died. From whence ſome will have it, that the Cuſtom of bleſſing thoſe who ſneeze, took its Original. I have known it ſo violent in a Boy, upon taking a large Quantity of Snuff at one Time, that it threw him into an epileptic Fit, which, notwithſtanding the greateſt Precautions, return'd at certain Intervals, and lately put a Period to his unhappy Life.

Sneezing has, by the antient Phyſicians, who were diligent and exact Obſervers of the Courſe of Diſeaſes, been accounted prejudicial in the following Caſes.

1. When it ariſes and continues in the Beginning of Fevers. The Reaſons of this muſt be, becauſe the Patient's Strength is hereby very much impair'd, an Head-ach is occaſion'd, and a Hæmorrhage of the Noſe ſucceeds; which can be no Relief to the Patient, ſince the morbific Matter is as yet crude, there being no previous Concoction. The Cauſe of Sneezing in this Caſe is, the great Acrimony of the Humours, which either in Circulation, or when ſecreted by the Pituitary Glands, vellicate the internal Membrane of the Noſe.

2. When a Sneezing happens in the Beginning of a Catarrh, or Diſtillation, as alſo in the Beginning of a Coryza 'tis accounted prejudicial, for the Reaſons mention'd in the foregoing Inſtance.

3. Sneezing ariſing in the Beginning, or Increaſe, of the inflammatory Diſorders of the Head, is of dangerous Conſequence; becauſe by this means 'tis not only manifeſted that the Diſeaſe is violent, but alſo that it will be heightned by this Irritation and Concuſſion.

4. Sneezing

4. Sneezing, ariſing either before or after Diſorders of the Breaſt, is of an ill Portent, particularly in the Pleuriſy, and Inflammation of the Lungs; for by the Concuſſion of the different Parts, the tender Membranes of the Breaſt and Lungs are violently torn and agitated, by which the Inflammation riſes higher, and is more deeply fix'd; without any, the leaſt, Diſcharge of the morbific Matter.

5. Sneezing has been found to be very prejudicial in moſt of the Diſeaſes of the Eyes, and that Blindneſs it ſelf has often happen'd upon it. The Reaſon of this is, becauſe by the violent Concuſſion of the adjacent Parts, a Flux of Humours is hurried upon the Eyes; whence ariſe Obſtructions in the capillary Arteries and Nerves, the Occaſion of Suffuſions, Blindneſs, as alſo violent Inflammations, which ſometimes terminate in Ulcers of thoſe Parts.

6. Sneezing after Conception, in the firſt and laſt Months, is very apt to occaſion an Abortion, by agitating and compreſſing the inferior Parts.

Hippocrates, *Celſus*, and ſeveral others, have obſerv'd, That Sneezing is a very good Sign, and of great Uſe in ſeveral Diſorders. Inſtances of which are as follow;

1. After the State of malignant Fevers; though all be deſpair'd of, when Sneezing ariſes, it gives Hopes of an happy Relief; becauſe this ſhews the Strength of Nature, and that there will be an Evacuation, either by an Hæmorrhage, or *Mucus* through the Pituitary Glands.

2. In Phrenſies and Abſceſſes of the Brain, that are paſs'd the Increaſe, a ſupervening Sneezing prognoſticates a Deliverance; becauſe there is a Tendency of Nature to evacuate the Cauſe of the Diſeaſe.

3. When Sneezing ariſes in difficult Labour, in the Stoppage of the After-birth; or in a difficult Flux of the *Catamenia* and *Lochia*, 'tis of great Service, in promoting the Expulſion of the former two, and an eaſier Diſcharge of the latter, by compreſſing the inferior Parts, and with its Concuſſion giving a new and additional Motion to the Blood and Spirits, as alſo a Direction of them to the Parts below.

4. It has been found to be of conſiderable Uſe in the violent Paroxyſms of Hyſteric Diſorders, by imparting a new Spring and Direction to the irregular Motion of the Animal Spirits.

5. If it be rais'd in the Apoplexy, it in a great Meaſure relieves the Patient, by rouzing and ſetting in Motion the obſtructed Spirits, and by making a Diſcharge of *Mucus* from the Noſe, Tears from the lachrymal Glands, and *Saliva* from thoſe of the Mouth, by which a conſiderable Part of the Preſſure being taken off from the Veſſels, and the circulating Fluids, by this means, having a greater Opportunity and Freedom to glide through the Capillary Arteries, Veins, and Nerves, the whole Machine is eas'd, and Senſe and Motion again return. But if upon the Uſe of ſuch Things as are capable to raiſe Sneezing, no ſuch Concuſſion happens, 'tis manifeſt that the Strength of Nature is ſunk, and that Life is departing.

6. Violent Hiccoughs, whereby the Patients have been almoſt ſpent, have happily been removed by the Approach of Sneezing. This Advantage of it is produc'd, becauſe a different Spring and Courſe is given to the Spirits.

7. A Lethargy, and all other drowzy Diſorders of the Head, that derive their Original from too great a Quantity of viſcous Humours, impacted in the Glands and Veſſels of this Part, have alſo Relief from Sneezing, for the Reaſons abovemention'd.

8. Sneezing

8. Sneezing has often prov'd very effectual to pump up the viſcous and glutinous Phlegm, impacted in the ſmall *Bronchia* of the Lungs, when the ſtrongeſt Cough has been unſucceſsful.

9. In a Word, all Heavineſs and Pains of the Head, wherein there is a Weight felt upon the Forehead, and upper Part of the Noſe, which plainly diſcover that they owe their Riſe to the Cauſes mention'd in the ſeventh Particular, have been happily carry'd off by the means of Sneezing, procur'd by the Uſe of Tobacco, or other Medicines, endu'd with a pungent and irritating Quality, depending upon the ſharp and volatile Particles that enter their Compoſition.

I now proceed to conſider how far the common Method of taking Snuff will be effectual in the accompliſhing thoſe Ends, for which Sneezing is ſo neceſſary. And when we reflect upon what has been already propos'd, in Order to account for the different Operation of Tobacco, when ſmoak'd or chew'd, upon a Perſon unacquainted with it, and on thoſe who make a common Cuſtom of uſing it thus, it will be eaſy to conclude, That by rendring the Membrane of the Noſe callous, ſtiff, and contracted, with the conſtant Uſe of Snuff, that Quantity of it which would be able to throw another, who is accuſtom'd to no ſuch Practice, into the ſtrongeſt Convulſions, will not make any ſenſible Impreſſion upon them, who are devoted to the Uſe of it. Thus by this untoward Practice, both the Ladies and Gentlemen deprive themſelves of any Poſſibility of receiving Advantage by the Uſe of it. Again, If I be not very much miſtaken, our common Snuff-takers, by this means, are even depriv'd of the Benefit of a natural Drain by the Emunctories of the Noſtrils; for the Fibres, by the continual Pungency of the Snuff, being dried and contracted, the excretory

Ducts of the Pituitary Glands are ſo far clos'd and obſtructed, by this Abuſe of it, that thoſe viſcous Humours, which by Nature were deſign'd to be evacuated this Way, are hereby ſtopt in their Paſſage; from whence ariſes an Obſtruction in the Glands, a Preſſure upon the adjacent Veſſels, and a *Plethora* in the Veins and Arteries, which give Riſe to violent Pains of the Head, the Apoplexy, Lethargy, Hyſteric Fits, and a Crowd of other Diſorders, which I have frequently found common among thoſe who are bigotted to the ridiculous Humour of defiling their Noſtrils and Lips, in Order to appear modiſh and faſhionable.

Beſides theſe Diſadvantages already mentioned, which proceed from the common Uſe of Snuff, there are ſeveral others which, generally, are the certain Attendants of the Abuſe of it. Of which I ſhall now diſcourſe in their Order.

I have commonly obſerv'd, that thoſe Perſons who have given up themſelves as Slaves to this diſagreeable Mode, have been troubled with an Impediment in their Speech, commonly called Snuffling (which, by the Bye, one would be apt to believe derives its Name from the Snuff thoſe Perſons ſo much abuſe) or ſpeaking through the Noſe; whereas the true Reaſon of this is, that they, by crowding their Noſtrils ſo much with this beloved dry Powder, a free Paſſage of the Breath is denied through them, from whence ariſes this Difficulty of Speech, which is ſo uneaſy to the Perſon troubled with it, and ſo very offenſive and grating to the Ears of thoſe who hear them. However, by this I don't deny but that there may be ſeveral other Reaſons of this Diſorder, ſuch as a *Polypus*, and foul Ulcers of the Noſe, an Eroſion of the *Uvula*, and ſuch like, which are eaſily diſtinguiſh'd from the Quantity of Snuff that is dry'd, and impacted in their defiled Noſtrils.

By

By the ſame Abuſe of Snuff we find, that in ſuch Perſons the Senſe of Smelling is very much impaired, if not wholly loſt. What a Diſadvantage this is, I need not ſpend much Time to relate, ſince it was given us by the beneficent Author of Nature, both for our Pleaſure and Profit; a Loſs of which renders us incapable to partake of thoſe various Fragrancies that regale our Noſtrils, in the blooming Year. How this happens by the Abuſe of Snuff is eaſily underſtood, when we conſider that the Senſe of Smelling is no more than an Impreſſion made by the ſubtile *Effluvia* that always fly from Bodies, on the nervous Expanſion of the Noſe, and by it communicating the Impreſſion to the *Commune Senſorium*, which by a conſtant Uſe of this hot, dry, and pungent Powder, becomes hard, dry, and uncapable to receive the ſlight Impreſſion that raiſes this agreeable Senſation; whereas 'tis naturally ſoft and moiſt, and that it may continue ſo, 'tis always moiſten'd by a continual Diſcharge of a thin, ſerous Humour, ſecreted by the Glands in this Part, unleſs obſtructed by the too great Uſe of this dry Powder, or ſome other means of the ſame Nature.

Upon the ſame Account, and by the ſame Influence, we may daily obſerve great Snuff-takers, labouring under a Diminution or Loſs of their Taſte. For moſt of them ſpitting out the Snuff they take, it falls upon the Tongue, and other Parts, wherein the nervous *Papillæ*, deſign'd for the Reception of this Senſation are ſeated, and they by it, as in the former Caſe, are render'd more callous, or hard and contracted; and, by conſequence, made leſs capable to receive an Impreſſion from the Particles of our Food.

But theſe now mentioned are but ſmall and inconſiderable, in compariſon of ſome others, with which I deſign to finiſh this Diſſertation, and

theſe

theſe are, a pale, ſallow, and languid Complexion, a Loſs of the Appetite, and Deſtruction of Digeſtion; than which there are not any Conſequences of the Abuſe of Snuff more frequent. Theſe are eaſily occaſion'd by the conſtant Deſcent of ſome of the Snuff from the Noſtrils, down the Gullet, into the Stomach; where, by its cauſtic Sulphur, and ſharp, volatile Salts, together with its dry, earthy Particles, it alters and deſtroys the Ferment of the Stomach, impairs the Tone of its Fibres, and raiſes uneaſy Senſations, from whence a weak, ſickly Habit, an unhealthy Complexion, Pains and Inflammations of the Throat, Pains and Heat in the Stomach, and ſuch like perplexing Diſtempers derive their fatal Original. In order to confirm this, of many Inſtances that might be produc'd, I ſhall only mention Two or Three under this Head.

A young Lady, a mighty Admirer of Snuff, being a long Time afflicted with Pains in her Stomach, Loſs of Appetite, and weak Digeſtion, by which ſhe was reduc'd to a very low Condition, and had entirely loſt her natural and agreeable Complexion, having made a Relation of her Caſe, and Application for Relief; on Account of the Uneaſineſs, Pain, and other Diſorders of her Stomach, a proper Vomit was judg'd neceſſary, and order'd accordingly. Upon the Operation of this, a conſiderable Quantity of Snuff was thrown up, which made a clear Diſcovery of the Cauſe of her continued Indiſpoſition. After the Vomit ſuch Medicines were preſcrib'd and taken, as were proper to retrieve the due State of her Appetite and Digeſtion. By theſe, and the Abſtinence from Snuff, ſhe recovered her loſt Health, and ſtill continues in a good Habit of Body.

About the Beginning of *March* laſt paſs'd, I was conſulted about the Caſe of a young Gentlewoman, who too much enſlav'd her ſelf to the taking of Snuff, and was every now and then troubled with a violent Hiccough, which often weaken'd her to the laſt Degree, and, ſometimes, occaſion'd Apprehenſions of her falling a Sacrifice to the Vehemence of it. After proper Precautions taken, a Vomit was preſcrib'd, and ſhe threw up ſuch a Quantity of Snuff, as not only tinged the Water, but alſo remained in ſmall Clots, at the Bottom of the Baſon.

A Third, which is all I ſhall mention at preſent, after a long Indiſpoſition of her Stomach, with Loſs of Appetite, weak Digeſtion, and pale, wan Complexion, was at laſt ſeiz'd with an Inflammation of her Stomach, attended with a violent Pain in that Part, a Fever, and the other common Symptoms of that Diſorder. All Methods that were us'd to relieve her in theſe deplorable Circumſtances prov'd ineffectual, and ſhe, within a few Days, found a Period of her miſerable Life. She, upon the Deſire of her Relations and Friends, being opened, Snuff, in ſeveral Clots, was found in her dry and inflam'd Stomach, to the Amazement and Grief of her unhappy Parents. During the whole Courſe of her Illneſs, 'till the Day before her Death, ſhe indulged her ſelf in the Uſe of it, and was ſuch a Devotee to it, that an Ounce was only ſufficient for a Day or Two at moſt.

By what has been propos'd upon this Head, it may eaſily appear in what Caſes the Uſe of Snuff is hurtful and beneficial; and of what ill Conſequences the Abuſe of it may be. Beſides the particular Circumſtances already mention'd, I know not of any in which it may be allowable, except in the following,

1. In

1. In Order to make a new Acquaintance with the Beaux and Ladies, by giving, receiving, or asking for a Pinch. And upon this Occaſion, the pretty, ſoft, and thoughtleſs Creatures, may take a favourable Opportunity to prattle the Praiſes of their different Kinds of Snuff and Snuff-boxes, and give Directions where to buy the beſt.

2. To break the Interval of Silence, or to amuſe themſelves when they are not furniſh'd with proper Matter for Diſcourſe.

3. And laſtly, When they have a Deſign to ſhew their Diamond Rings, their handſome Hands, and well ſhap'd and ſnowy Arms. Yet in all theſe let ſuch a due Regard for Health be had, that no more than Two Pinches be taken, during the Entertainment of the ſame Company.

From the whole it may be manifeſt, That Tobacco, when us'd as a Medicine, may be of ſome Service for ſeveral Diſorders, but very prejudicial when taken in common. If what I have here advanc'd has ſuch a Semblance of Reaſon, as to engage any Lady or Gentleman to forſake the abominable Cuſtom of uſing this noiſome Weed, I have obtain'd my wiſh'd for Ends, and will be pleas'd to think that by ſuch Abſtinence they prevent their becoming a Sacrifice to ſeveral very perplexing Diſorders.

FINIS.